



# 2011 NJ Wing Basic Encampment & Region Cadet Leadership School

## Required Staff Training III

16-17 April 2011



The Core 4 of BE2011 & RCLS  
C/1<sup>st</sup> Lt Robinson Fernandez, C/1<sup>st</sup> Lt Ryan Mullins  
C/1<sup>st</sup> Serenity Fung, and C/1<sup>st</sup> Lt Amy Noor

## The Value of Breakout Groups

C/2<sup>nd</sup> Lt Brian Yashinski

A staple of any encampment RST is the breakout group, in which cadet staff has time dedicated to focus on their department-specific tasks. With the breakout group, each staff member can work at a much faster pace, and more efficiently than what would be possible between RSTs. Other tasks which are done during breakout groups can't even be done elsewhere, such as practice inspections for the Standards & Evaluations team, or practice pass in reviews for the line staff. Despite being less rigorous than some other activities

at an RST, breakout groups tend to be one of the most productive, and ensure that all staff plan ahead to maximize the quality of the encampment.

## Core Values

C/SSgt Griffin Endress

During this April RST, the cadet staff received a lesson in, and discussed a series of case studies concerning the topic of core values, presented by C/2d Lt Ryan Shriver, RCLS Seminar Advisor. The cadets broke out into groups and were all given a specific situation or issue to resolve. Once a solution was agreed upon by all of the group's members, the group sent up a spokesman to the front of the room to give a short presentation on what that group had come up with to solve the problem presented in the situation. No answers were considered wrong and no answers were criticized.



C/2d Lt Ryan Shriver

Many of the situations presented for discussion by the groups were encampment-related in some fashion, which helped familiarize the staff with potential



## 2011 NJ Wing Basic Encampment & Region Cadet Leadership School

situations that may arise during Encampment. Core values are something that all people possess. A good set of core values can lead a person to living a healthy, full, and successful life. However, a poor set of values may lead to an unhealthy, misguided, and difficult life. The most successful leaders often have the best set of core values, which play a large role in the decision making process.

### **Defense Training**

1<sup>st</sup> Lt Jaqlyn Burckhardt

On Saturday after lunch the cadets headed to a small building on Ft. Dix. Inside we were greeted by Drill Sgt Scott Taylor and Staff Sgt Nicole Atchley of US Army Regional Training Center East, who would instruct the cadets in hand-to-hand techniques of the Modern Army Combatives Program. Sgt Taylor started everyone out with warm up exercises (head rotations, windmills, ankle and wrist rotations) to, as he said, "bring fluid back into the body." Next we learned how to somersault properly, with our bodies and heads tucked in under us and using our backs to roll. Sgt Taylor stated, we are "rolling around to strengthen our equilibrium for balance." Back on our feet, we were taught how to stand like a fighter, using our natural weapons (hands, fists, elbows, knees) in the dominant position. "I have control until my battle buddy can come help out." Sgt Atchley pointed out that proper technique eliminates 90% of the risk. Some of the techniques learned included the Rear Mount, the Guard, the Mount, how to use elbow strikes, and how to keep our heads off the mats so only a small portion of our head is vulnerable to attack from above. An hour was spent performing a demanding routine that consisted of arm strikes and leg thrusts. We all left that building stronger that day – in defense techniques and in body and spirit.



Cadets taking instruction from Drill Sgt Scott Taylor

### **Integrity**

C/SSgt Griffin Endress

During the RST we had a particularly important class on integrity taught by C/CMSgt Nicholas Vaccarella, RCLS Seminar Advisor. The class included quotes from Plato to Bill Lear, to Sgt Vaccarella's neighbor, Donna. Integrity is defined as a strong adherence to a code of moral values – doing what one knows is right no matter how one feels or who is watching. During the class the cadet staff learned that there are three components of integrity, which are, character, honesty, and self discipline, and how to improve on those qualities. We learned that character is a choice, and that even though leaders cannot rise above the limitations of their character, a good leader is able to stretch his/her limitations. During the portion on honesty, we discussed how important honesty is in today's society, and that if we are continually honest we will achieve respect from our peers.





## 2011 NJ Wing Basic Encampment & Region Cadet Leadership School



C/MSSgt Nicholas Vaccarella

The final segment of the class concerned self discipline. Plato said that “the first and best victory is to conquer self,” meaning that without self discipline a person cannot become successful. C/MSSgt Vaccarella stated that a person who leads a self disciplined lifestyle develops priorities, challenges his/her own excuses, and focuses on the results of his/her actions. These three qualities (character, honesty, self-discipline) put together in a person leads to integrity. If we, as staff members and individuals maintain our integrity, especially around the basic cadets during encampment, we will all learn to become the best cadets and people we can be.



The cadet staff reacts to a humorous anecdote ...  
RSTs are a lot of fun for cadet staff and senior mentors

### The PAO Staff for BE2011 & RCLS

C/MSSgt Stephen Y. Fung (OIC)  
C/2d Lt Brian Yashinski (IT)  
C/SMSgt Francis Illuzzi  
C/SSgt Griffin Endress  
C/SrA Brett Martin  
Senior Mentor: 1<sup>st</sup> Lt Jaqlyn Burckhardt

*We wish to thank all the staff of Joint Base McGuire-Dix-Lakehurst, without whom we could not have made the success of these RSTs possible.*